



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WHERE YOU BELONG

Programs and Services for June – August 2018
YMCA OF THE CEDAR RAPIDS METROPOLITAN AREA

BRANCHES

The YMCA in your neighborhood

HELEN G. NASSIF (HGN) YMCA

207 7th Ave. SE, Cedar Rapids 319-366-6421

Monday – Thursday	5:00am-10:00pm*
Friday	5:00am-9:00pm*
Saturday	7:00am-5:00pm
Sunday	10:00am-4:00pm

M-F: 11:30am-1:00pm open to ages 18 and older ONLY and MEMBERS ONLY*

*Summer hours May – September

HGN closes at 9:00pm Monday - Thursday

MARION YMCA

3100 10th Ave., Marion 319-377-7361

Monday – Thursday	5:30am-9:00pm
Friday	5:30am-7:00pm*
Saturday	7:00am-3:00pm*
Sunday	Closed*

*Summer hours May – September

MARION INDEPENDENT SCHOOL DISTRICT FITNESS CENTER*

675 S 15th St., Marion

Visit our **Wellness Center only** site. Your YMCA membership allows you use of this facility as well as all four other YMCA branches.

Closed on school holidays. Summer hours in effect 6/4 - 8/17

Monday – Thursday	6:30-9:30am	4:00-7:00pm
Friday	6:30-9:30am	
Saturday	6:30-10:30am	

*MISD only Memberships are available.

STONEY POINT YMCA

300 Stoney Point Rd. SW, Cedar Rapids 319-390-3488

Monday – Thursday	5:30am-9:00pm
Friday	5:30am-7:00pm*
Saturday	7:00am-3:00pm*
Sunday	Closed*

*Summer hours May – September

YMCA AT MERCY HEALTH PLAZA

5264 Council St. NE, Suite 600 Cedar Rapids 319-378-5955

Monday – Friday	5:30am-9:00pm
Saturday	7:00am-4:00pm
Sunday	10:00am-2:00pm

YMCA CAMP WAPSIE

2174 Wapsie Y Rd., Coggon 319-435-2577

BRANCH HOLIDAY HOURS

The YMCA branches will be open on a limited schedule or closed on the following holidays to allow staff to spend time with their families:

Memorial Day	CLOSED
Fourth of July	CLOSED
Labor Day	CLOSED

Look for updates, cancellations and notices on Facebook and Twitter.

 Cedar Rapids/Marion Area YMCA

 @crmetroymca

For information on membership, policies and other branch-specific benefits, see **Basics of Membership**.

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CHILD WATCH

Children ages 6 months to 11 years old can play in our Child Watch room, supervised by trained Y staff, in our Helen G. Nassif, Marion and Stoney Point branches. Adult guardian must remain in the facility. Hours of operation: Check Child Watch Schedules on website. **Service is free to members and costs \$3/hour/child for Community members.**

STAY UP-TO-DATE

Get the Y app for online pool, gym and group exercise schedules. Search for CR Metro YMCA in iTunes or the Google Play store.

YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

DAY CAMP

Stoney Point YMCA; Truman Elementary; Echo Hill Elementary

YOUNG ADVENTURERS - CHILDREN AGES 5-8

*Children who are 8 and can swim may register for the Adventure Day Campers group.

Younger campers will be introduced to the day camp experience. Swimming will be lessons at the YMCA with some free swim time included. Two alternate trips will be taken by this group- You will have the option to have your child attend the older group trip if he/she is going into First Grade in the fall. Weekly fees include breakfast, afternoon snack, camp t-shirt and field trips. Stoney Point qualifies for the Summer Lunch Program and will also offer free pre-ordered lunches.

NEW PRICING! Full Summer - Includes all TEN weeks of camp but it must be PAID in FULL at registration. The registration fee is included in the price!

Cost:

Member: \$150 per week (\$1500) Sibling rate: \$1200

Non-member: \$170 per week (\$1700) Sibling rate: \$1360

(This rate is not eligible for any discounts. If you qualify for any other type of discount, please register for the Summer Select Option.)

CURRENT Year Round Child Care Participants in Option 1- Complete registration process and pay the \$90 registration/swim lesson fee.

Summer Select: Choose from one to ten weeks of camp. At registration, the fee of \$90 is due and weekly fees will be automatically scheduled to come out on the Monday of each week of registration.

Cost:

Member: \$165/week

(All discounts-sibling or scholarship, will be adjusted AFTER registration is complete)

Non-member: \$185/week

(All discounts-sibling or scholarship, will be adjusted AFTER registration is complete)

Note: If you will be or are already approved for any child care block grants, please email the director. They will assist with the registration once a Notice of Decision is received in the child care office.

ADVENTURE DAY CAMPERS - CHILDREN AGES 9-12

*Children who CAN SWIM at age 8 may register

Older campers will participate in activities which promote healthy body, mind, and spirit. Adventures include outdoor recreational swimming; crafts, sports, outdoor education, theme related activities and field trips every Thursday. Weekly fees include breakfast, afternoon snack, camp t-shirt and field trips. Stoney Point qualifies for the Summer Lunch Program and will also offer free pre-ordered lunches.

NEW PRICING! Full Summer - Includes all TEN weeks of camp but it must be PAID in FULL at registration. The registration fee is included in the price!

Cost:

Member: \$150 per week (\$1500) Sibling rate: \$1200

Non-member: \$170 per week (\$1700) Sibling rate: \$1360

(This rate is not eligible for any discounts. If you qualify for any other type of discount, please register for the Summer Select Option.)

CURRENT Year Round Child Care Participants in Option 1- Complete registration process and pay the \$90 registration/swim fee. (This fee can be reimbursed if proof of the purchase of a family swim pass through the city is provided to the director prior to the start of camp.)

Summer Select: Choose from one to ten weeks of camp. At registration, the fee of \$90 is due. (This fee can be reimbursed if proof of the purchase of a family swim pass through the city is provided to the director prior to the start of camp.)

Weekly fees will be automatically scheduled to come out on the Monday of each week of registration.

Cost:

Member: \$165/week

(All discounts-sibling or scholarship, will be adjusted AFTER registration is complete)

Non-member: \$185/week

(All discounts-sibling or scholarship, will be adjusted AFTER registration is complete)

Note: If you will be or are already approved for any child care block grants, please email the director. They will assist with the registration once a Notice of Decision is received in the child care office.

NEW! KIDS ON COURSE UNIVERSITY SUPERSITE PROGRAM

Time: June 18th, 2018- August 3, 2018

Where: Kenwood Elementary: 1:30pm-5:30 pm M-F
Grant Elementary: 1:30pm-5:30 pm M-F

This Option is available for children who were invited by their school to participate in the 7 week Kids On Course University program. You must attend at least 3 days per week. Exceptions require the approval of the YMCA Child Care Services Director.

Participants will be released from Kids On Course University directly to the YMCA Supersite program. Parents can sign their child out anytime up to 5:30pm. Activities will include crafts, sports, outdoor education and more!

Cost: Member: \$61/week Non-Member: \$66/week

We accept Block Grant fees upon the receipt of the Notice of Decision for the site. Other discounts, sibling or scholarship are not applicable to this program.

*If you would like to participate in the full day camp program at Echo Hill, Truman or Stoney Point for Week 1; Week 9; and Week 10, please register for those weeks under the Day Camp Select Week Option. Upon completion of the KOC program, you will also receive an adjustment in fees for swim credits not used.

YOUTH DEVELOPMENT

Teaching skills and self-confidence through guided discovery

SCHOOL AGE SUMMER DAY CAMP –

HOW TO REGISTER ONLINE

1. Visit www.crmetroymca.org
2. Click on Programs & Registration - School Age Child Care
4. Click here to register online
5. You must create a user ID to register online (or login if you are already in the system.)
6. If you are not a member (and not in the system), you must register at a YMCA branch before you can register online. Simply visit any branch Welcome Center and our staff will set up the details.

For financial assistance information. Contact Child Care Services Director at henricksen@crmetyroymca.org.

To ensure a spot the following items must be completed:

1. Online registration and a paid registration/swim fee of \$90. If your account has a balance due, it may not let you register. If you are unable to pay, contact Lynelle: henricksen@crmetyroymca.org
2. Submission of any hard-copy forms that are required including a copy of your child's immunization card prior to the start of camp.

Day Camp Sites, Dates and Time:6:30am – 6:00pm

Echo Hill6.11.18-8.17.18

Truman & Stoney Point6.11.18-8.17.18

Year Round Option 1 Participants:

Your spot is guaranteed, however, you must register online and pay the registration/swim fee and supply any required hard copy forms such as a copy of your child's immunization card.

Parent Meetings 2018

Truman - Monday, April 25, 2018 from 6:00-7:00pm

Stoney Point - Monday, May 7, 2018 from 6:30-7:30pm

Echo Hill - Monday, May 14, 2018 from 6:00-7:00pm

Detailed Activity/Trip Calendars will be released at or after the specific site meeting.

Note: Discounts (second child & financial assistance) are adjusted AFTER registration.



CHILD CARE

SCHOOL AGE CHILD CARE – REGISTER ONLINE

Registration for 2018/2019 school year opens at the end of May.

The YMCA Before & After School program is designed to activate your child's imagination and encourage lifelong values of Caring, Honesty, Respect and Responsibility. A dedicated and well-trained staff plans diverse activities from team sports to community service projects. Children have the opportunity to provide input into the program, too! **NOTE:** Minimum number of registrants for program to run.

Locations and Times

Echo Hill in Marion 6:30am-6:00pm

Truman & Van Buren in Cedar Rapids 6:30am-6:00pm

Pricing is for 2018/2019 School Year

OPTION 1: YEAR-ROUND PAYMENT

(8.23.18-8.23.19 Registration closes 10.31.18) This year-round payment plan includes both before & after school, Summer Day Camp and all in-service and late starts/early release days.

Cost Per Month: Member: \$320 Community: \$340

OPTION 2: SCHOOL YEAR ONLY

(8.23.18-5.31.19)

This payment plan includes before & after school, all in-service and late starts/early release days.

Cost Per Month: Member: \$300 Community: \$320

OPTION 3: SCHOOL DAYS ONLY

(8.23.18-5.31.19)

Includes before & after school on regular school days only.

No in-service/early out/late start days.

Cost Per Month: Member: \$260 Community: \$280

OPTION 4: CHOICE OF "BEFORE ONLY" OR "AFTER ONLY"

(8.23.18-5.31.19) "Before School Only" includes late starts.

"After School Only" includes early release days.

Cost Per Month: Member: \$210 Community: \$230

OPTION 5: DROP IN/EMERGENCY CARE

(8.23.18-5.31.19)

This is an emergency option for those not needing regular care.

Discounts not available with Drop In/Emergency Care. You must

be preregistered in our system before calling the site to make a reservation.

Drop-ins are accepted only until facility reaches state-license determined capacity. Not eligible for second-child discount.

Cost: \$45 full day \$25 before or after school

WEATHER POLICY: ALL of the YMCA Child Care locations will CLOSE if SCHOOL CLOSES. We will provide late start/early release care unless weather conditions are so hazardous as to endanger staff and/or participants. Those incidents will be posted on our web page, Facebook page and Twitter messages. We will attempt to get site closings listed on KCRG closing/delay list as well.

SWIM, SPORTS, PLAY

YOUTH SPORTS – Registration is easy online!

YOUTH SPORTS & ACTIVITIES

MIGHTY SLUGGERS

Program focuses on teaching the fundamentals of baseball to 4 and 5 year olds. Mighty Sluggers meets on Mon/Wed and participants need to pick the location they want when registering. Space is limited so sign up early. No practices/games week of July 4th.

Ages: 4-5 year olds
Where: Stoney Point or Marion YMCAs
Day and Time: Mon/Wed 6:00-6:45pm
Session 2: 6.04.18-7.18.18
Register by: 5.21.18
Cost/Session: Member-\$30 Community Member-\$60

T-BALL/BASEBALL/SOFTBALL

Designed to teach basic skills such as throwing, catching, hitting, base running and game rules. Players will play a variety of positions. The emphasis is on sportsmanship, teamwork and FUN! Players will be assigned to teams and will practice/play games once or twice a week. Grades based on 2017-2018 school year. No practices/games week of July 4th.

Ages: AK/K (t-ball)
 1st/2nd grade (baseball/softball)
Where: Stoney Point or Marion YMCAs
Day & Time: Chosen by volunteer coaches
Session Date: 5.14.18- 7.19.18
Register By: 5.07.18
Cost: Member - \$35 Community Member - \$80

KICKBALL FOR ALL AGES K-12

Looking for something fun this summer? Join the Y for kickball games for kids of varied ages. Games will be divided into age groups. Morning session is for K-8th grade. Evening session is for 9th-12th grade.

Ages: K-12th Grades
Day and Time: K-8th Grades: Monday & Thursday Mornings,
 10:00-11:00am
 9th-12th Grades: Monday & Thursday Evenings,
 7:30-8:30pm
Where: Stoney Point YMCA
Session: 6.11.18-7.26.18
Register by: 6.04.18
Cost: Member \$15/for 6 weeks
 Community Member \$20/for 6 weeks

Drop-In Fee - \$2 per day (must register at Stoney Point Welcome Center)



Youth Sports Late Fee Policy:

Please register by the listed deadline!
 Any participant registering after the deadline will be charged a \$5.00 late fee.

STONEY POINT STUNNER FUN RUN & MINI-OBSTACLE COURSE

Training program and kids Fun Run featuring obstacles of all sorts including tire run, hay bales, low crawl, slip & slide and more! Registrants can participate in just the race OR training sessions plus race. Cost is the same. Training sessions are for kids in Kindergarten-5th grade.

Ages: All ages welcome on race day!
Where: Stoney Point YMCA
Training Sessions: Tuesday, 8.14.18 & 8.21.18 from 5:30-6:15pm
 Saturday, 8.18.18 from 10:00-10:45am
Stoney Stunner Race Day: 8.25.18
Time: 9:00am
Register for Stoney Stunner By: 8.21.18
Cost: Member - \$15 Community Member - \$20

INSTRUCTIONAL SOCCER

We'll introduce your children to the basic fundamentals and rules of soccer as well as improve social interaction with peers. Volunteer coaches will hold practices/games at your chosen location. Space is limited, so sign up early.

Ages: 4-5 year olds
Where: Marion or Stoney Point YMCAs or Garfield Elementary
Day and Time: Mon/Wed from 5:30-6:15pm
Session: 9.05.18-10.15.18
Register by: 8.20.18
Cost/Session: Member-\$30 Community Member-\$65

YOUTH SOCCER

Girls and boys have separate leagues. Practices are once a week at locations chosen by volunteer coaches. Games are played on Saturday mornings at various sites. All participants are divided by grade.

Ages: AK/K - 5th grade
Where: Helen G Nassif, Marion or Stoney Point YMCAs
Day and Time: Practice locations are chosen by volunteer coaches and games are played on Saturdays
Fall Session: 8.13.18-10.06.18
Games Begin: 9.01.18
Register by: 7.30.18
Cost: Both Fall 2018 & Spring 2019
 Member-\$60 Community Member-\$105
 Fall 2018 Only Member-\$40 Community Member-\$85
 Spring Soccer 2019: 3.18.19 - 5.18.19 weather permitting

YOUTH VOLLEYBALL

This program is designed to introduce and teach the basic fundamentals and game rules. Choose program location when registering.

Ages: 3rd - 6th grade
Where: Helen G Nassif, Marion or Stoney Point YMCAs
Day and Time: Mon/Wed from 5:00-6:00pm
Session: 8.27.18-10.10.18
Register by: 8.13.18
Cost/Session: Member-\$40 Community Member-\$85
Spring Volleyball 2019: 3.18.19 - 5.01.19

FLAG FOOTBALL 101

Learn the basics of football in this program designed specifically for our little friends. Space is limited, so sign up early.

Ages: 4-5 year olds
Day and Time: Meets T/Th at chosen location from 5:30-6:15pm
Where: Arthur Elementary, Marion or Stoney Point YMCAs
Session: 9.04.18-10.11.18
Register by: 8.20.18
Cost: Member-\$30 Community Member-\$65

YOUTH FLAG FOOTBALL

Practices are once a week. This league is designed to teach the fundamentals of football and emphasizes good sportsmanship.

Ages: 1st-5th grades
Day and Time: Practice locations are chosen by volunteer coaches and games are played on Saturdays.
Session: 8.13.18-10.06.18
Games Begin: 9.01.18
Register by: 7.30.18
Cost: Member-\$40 Community Member-\$85

ATHLETES CAMP

This camp is for teens who want to learn all the facets of Strength and Conditioning. The camp will be broken down into three phases. Phase one will be a classroom setting, where we will go over nutrition, safety, different training cycles, body parts, and recovery. Phase two will transition the group into the weight room, where we will go over equipment, exercises, movement standards, weight room etiquette, and how to properly warm up and cool down. Phase three will consist of applying what they learned in phase one and two. The participants will start training. The training will not be limited to just weight room exercises; we will also work on agility, speed, and hand-eye coordination in the gym or outside. The participants will leave the class with a specific training plan to fit their individual needs. This camp will take place at the Marion YMCA but may be subject to change locations.

Date/Times/Cost are TBA.

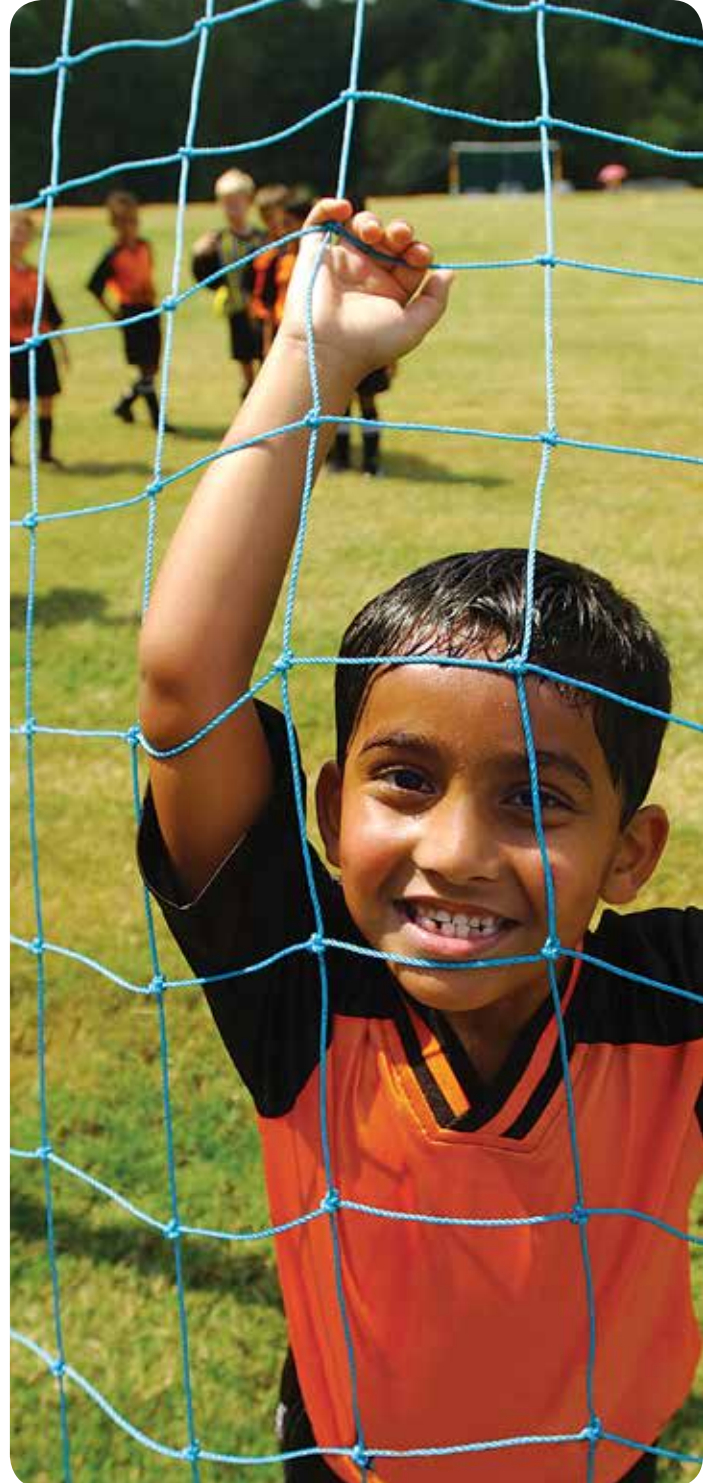
YOUTH RACQUETBALL CLASSES

Learn the basic fundamentals of racquetball starting with the multi-bounce rules and moving up to the 2 bounce rules. Basic stroke mechanics and court positioning will be touched upon with the emphasis being on lots of game time and fun! Equipment will be provided if necessary.

Ages: 7-9 years old
Day and Time: Sat - 8:00am, year-round
Cost: Member - \$15 Community Member - \$40

Learn the rules and basic fundamentals of racquetball. Stroke mechanics, court positioning, and strategy with plenty of game time.

Ages: 10 and up
Day and Time: Sat - 9:00am
Cost: Member - \$15 Community Member - \$40



YMCA Annual Golf Classic

Monday, August 27, 12:00pm
Hunters Ridge Golf Course

Join us for our largest fundraiser of the year for 18 holes of golf in this best shot tournament. Special prizes are given away at every hole.

Cost: \$175 per Person/ \$700 per Team
Add \$20 per Team for the Skins Contest
Add \$300 for a Hole Sponsorship
[Donate Online](#)

SWIM LEVEL DESCRIPTIONS & REGISTRATION

Register online or at any Y branch. If you or your child are currently enrolled in lessons, please wait until you receive their progress report before registering to ensure placing them in the proper level. Our goal is to produce confident, capable and safe swimmers! **Please note:** Actual class offerings may be adjusted to reflect enrollment needs or trends.

SWIM STARTERS

Parent Child Lessons 30 minute class (ages 6 mon-3yrs) - Develops water enrichment and aquatic readiness in children.

Stage A: Water Discovery – Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. If not yet potty-trained, children need to wear swim-type diapers.

Stage B: Water Exploration – In this stage, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

SWIM BASICS

Preschool (3-5 yrs), Youth (6-12 yrs) 30 minute class - Develops personal water safety and basic swimming skills in students of all ages.

Stage 1: Water Acclimation – This stage lays the foundation that allows students future progress in swimming. Students focus on exploring the aquatic environment and developing personal skills with instructor help. They learn basic skills to propel and glide through the water and basic aquatic safety.

Stage 2: Water Movement – Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Stage 3: Water Stamina – Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Preschool (3-5 yrs), Youth (6-12 yrs) 45 minute class - Introduces and refines stroke technique in older students.

Stage 4: Stroke Introduction – Students in this stage develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary back stroke.

Stage 5: Stroke Development – Students in this stage work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Stage 6: Stroke Mechanics – In this stage, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

LEARNING TO SWIM AT THE Y

Classes for all ages and swim stages

HELEN G. NASSIF YMCA

5-week sessions featuring one class per week

Session 1: 6.05.18-7.07.18

Session 2: 7.17.18-8.18.18

Cost: Members-\$25 Community-\$50

SWIM STARTER – PARENT/BABY

30 minute classes

Water Discovery

Saturday 9:00am

Water Exploration

Saturday 9:35am

SWIM BASICS – PRESCHOOL

30 minute classes

Stage 1- Water Acclimation

Tues or Thurs 4:45pm 5:20pm

Saturday 10:10am 10:45am

Stage 2- Water Movement

Tues or Thurs 4:45pm 5:20pm

Saturday 10:10am 10:45am

Stage 3- Water Stamina

Tues or Thurs 5:55pm

Saturday 9:00am 11:20am

SWIM STROKES – PRESCHOOL

30 minute classes

Stage 4- Stroke Introduction

Saturday 9:35am 11:20am

SWIM BASICS – YOUTH

30 minute classes

Stage 1- Water Acclimation

Tues or Thurs 4:45pm 5:20pm

Saturday 10:10am 10:45am

Stage 2- Water Movement

Tues or Thurs 4:45pm 5:20pm

Saturday 10:45am

Stage 3- Water Stamina

Tues or Thurs 5:55pm

Saturday 9:00am 11:20am

SWIM STROKES – YOUTH

30 minute classes

Stage 4- Stroke Introduction

Thurs 5:55pm

Saturday 9:35am 11:20am



STONEY POINT YMCA

4 week sessions featuring one class per week.
Preschool classes are 30 minutes. Youth classes are 45 minutes.

Cost:

Preschool: Members - \$20 Community - \$50

Youth: Members - \$25 Community - \$60

Session 1: 6.04.18 - 6.30.18

Session 2: 7.09.18 - 8.04.18

SWIM STARTER - PARENT/BABY

A - Water Discovery

Tuesday	5:20pm
Thursday	4:30pm
Saturday	9:20am

B - Water Exploration

Monday	4:30pm
Saturday	10:45am

SWIM BASICS - PRESCHOOL

Stage 1 - Water Acclimation

Monday	10:00am	4:30pm
Tuesday	10:00am	5:20pm
Wednesday	10:00am	
Thursday	10:00am	4:30pm
Saturday	9:20am	10:45am

Stage 2 - Water Movement

Monday	10:00am	4:30pm
Tuesday	10:00am	5:20pm
Wednesday	10:00am	
Thursday	10:00am	4:30pm
Saturday	9:20am	10:45am

Stage 3 - Water Stamina

Monday	10:00am	4:30pm
Tuesday	10:00am	5:20pm
Wednesday	10:00am	
Thursday	10:00am	
Saturday	9:20am	10:45am



SWIM STROKES - PRESCHOOL

Stage 4 - Water Stamina

Monday	10:45am	
Tuesday	10:45am	
Wednesday	10:45am	
Thursday	10:45am	4:30pm
Saturday	9:20am	

SWIM BASICS - YOUTH

Stage 1 - Water Acclimation

Monday	11:30am	5:10pm
Tuesday	11:30am	4:30pm
Wednesday	11:30am	
Thursday	11:30am	5:10pm
Saturday	8:30am	9:55am

Stage 2 - Water Movement

Monday	10:45am	5:10pm
Tuesday	10:45am	4:30pm
Wednesday	10:45am	
Thursday	10:45am	5:10pm
Saturday	8:30am	9:55am

Stage 3 - Water Stamina

Monday	10:45am	5:10pm
Tuesday	10:45am	4:30pm
Wednesday	10:45am	
Thursday	10:45am	5:10pm
Saturday	8:30am	9:55am

SWIM STROKES - YOUTH

Stage 4 - Stroke Introduction

Monday	11:30am	5:10pm
Tuesday	11:30am	
Wednesday	11:30am	
Thursday	11:30am	
Saturday	8:30am	9:55am

Stage 5 - Stroke Development

Monday	11:30am	
Tuesday	11:30am	4:30pm
Wednesday	11:30am	
Thursday	11:30am	
Saturday	9:55am	

Stage 6 - Stroke Mechanics

Thursday	4:30pm
Saturday	8:30am

MARION YMCA

4 week sessions featuring one class per week.
Preschool classes are 30 minutes. Youth classes are 45 minutes.

Cost:

Preschool: Members - \$30 Community - \$60

Youth: Members - \$45 Community - \$75

Session 1: 6.04.18 - 6.30.18

Session 2: 7.09.18 - 8.04.18

SWIM STARTER - PARENT/BABY

A - Water Discovery

Monday	6:30pm	
Thursday	9:30am	
Saturday	9:00am	9:40am

B - Water Exploration

Monday	4:20pm
Saturday	10:20am

SWIM BASICS - PRESCHOOL

Stage 1 - Water Acclimation

Monday	5:00pm	5:20pm
Thursday	10:05am	
Saturday	10:20am	11:30am

Stage 2 - Water Movement

Monday	5:00pm	
Tuesday	5:00pm	
Thursday	10:05am	
Saturday	10:20am	11:00am

Stage 3 - Water Stamina

Monday	10:30am	5:40pm
Tuesday	5:00pm	
Saturday	9:40am	

SWIM STROKES - PRESCHOOL

Stage 4 - Stroke Introduction

Tuesday	5:30pm
Thursday	10:05am
Saturday	9:00am

SWIM BASICS - YOUTH

Stage 1 - Water Acclimation

Monday	4:00pm
Tuesday	5:00pm
Saturday	9:00am

Stage 2 - Water Movement

Monday	5:00pm	
Tuesday	5:00pm	
Thursday	9:30am	
Saturday	9:00am	10:00am

Stage 3 - Water Stamina

Tuesday	5:40pm
Thursday	9:30am
Saturday	9:40am

SWIM STROKES - YOUTH

Stage 4 - Stroke Introduction

Monday	5:40pm
Tuesday	5:40pm
Saturday	9:40am

Stage 5 - Stroke Development

Monday	5:00pm
Thursday	10:20am
Saturday	10:20am

Stage 6 - Stroke Mechanics

Monday	5:00pm	5:40pm
Thursday	9:30am	
Saturday	11:00am	

ADULT LESSONS

Saturday	11:00am
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Knowledgeable, skilled and experienced aquatics professionals are based at the Helen G. Nassif, Marion and Stoney Point YMCAs.

PRIVATE SWIM LESSONS

The Y offers private swim lessons to youth and adults who desire one-on-one swim instruction. This program is an extra offering and is based on instructor availability. To sign up or get more information, please contact the Aquatics Director at your branch of choice.

Helen G Nassif YMCA 366-6421
Marion YMCA 377-7361
Stoney Point YMCA 390-3488

Cost: \$20 per 30 minutes - Member
\$25 per 30 minutes - Community Member
\$30 per 45 minutes - Member
\$37.50 per 45 minutes - Community Member

YMCA SUMMER SWIM TEAM

Have fun in the water this summer while you build skills that will last for a lifetime. This Helen G. Nassif and Stoney Point YMCA summer swimming teams competes in the Cedar Rapids Recreation Department's summer competitive program. All teams in the program are in the Cedar Rapids area. Swimmers that participate only in this summer swim team will have a season that begins in early June and concludes in mid-July. There are no specific skills required to participate, but it is recommended to have a swim evaluation to ensure proper program placement. Please schedule an evaluation by calling Paul Brown at 319-366-6421 ext. 310 or Ian Buchto at 319-390-3488. The actual swim meet schedule will not be available until May 2018. The season will conclude on the Saturday of the All City Swimming Meet, which will tentatively be held on July 21. The program is suitable for participants between the ages of 6 and 17. Ages (for purposes of the Recreation Department league) are as of June 1, 2018.

Helen G. Nassif YMCA

Registration Begins: 5.01.18
Session Begins: 6.04.18
Days and Times: See USA practice schedule for assigned practice group
Cost: Member - \$135 Community Member - \$190

Stoney Point YMCA

Registration Begins: 5.01.18
Session Begins: 6.04.18
Days and Times: Mon/Tues/Wed 6:30-8:30pm
Thurs/Fri 7:00-9:00am
Cost: Member - \$135 Community Member - \$190

ROOKIE WEEK SWIM CAMP*

New to swim team? Welcome to Swim Team 101. Come join us as our coaches explain all the new terms you will hear and explain the fundamentals of competitive swimming in an environment filled with newbies like you!

Helen G. Nassif YMCA

Ages: 6-12 yrs
Session: 9.04.18-9.07.18
Day and Time: Tuesday - Friday, 5:00-6:00pm
Register by: 8.31.18
Cost: Member - FREE Community Members - FREE

*Please note: Rookie Swim Week is not swimming lessons. For the best experience, participants should be able to do the following:

- 25 yards of Freestyle with breathing pattern
- 25 yards Backstroke
- Standing dive from the side of the pool

PERSONAL COMPETITIVE SWIM TRAINING

Competitive swim training designed to work on all aspects of the sport. From turns to starts to stroke technique, this half hour program offers its participants the opportunity to work with some of the area's most accomplished competitive coaches.

Helen G. Nassif and Stoney Point YMCAs

Cost: Member - \$25* Community Member - \$30*

*30 minute sessions

Cost: Member - \$37.50** Community Member - \$45**

**45 minute sessions

To sign up or to get more information please contact Paul Brown at HGN or Ian Buchto at Stoney Point.

USA COMPETITIVE SWIMMING

HELEN G. NASSIF YMCA

Along with a YMCA competitive swimming club, the Helen G. Nassif YMCA also offers age group swimmers the opportunity for further training and competition with a USA competitive swimming club. As with the YMCA club, all participants must be members of the YMCA during periods of participation. Swimmers that swim for the USA branch of the MACR Sharks are also automatically members of the YMCA club, if they choose to be. Conversely, YMCA club members are NOT automatically USA club members. Pricing for the USA club is different than pricing for the YMCA club. If you are interested in USA swimming, please call Paul Brown at the Helen G. Nassif YMCA for further information. New swimmers to the MACR Sharks will be asked to perform a swim evaluation for proper placement within the swimming program offerings. Further information can be found at www.sharksswimming.org under the Parent/Athlete Information and practice schedule tabs.

USA Competitive Seasons:

Fall/Winter September-February
Spring/Summer April-July

HELEN G. NASSIF YMCA

Classes will now have new names, but the focus will be the same. These classes are designed to teach swimmers proper stroke technique and help to develop mechanics and endurance. All four competitive strokes will be worked on as well as starts and turns. Classes are offered in a six week session with one class per week. Please see swim lesson session dates on page 7. Classes are 45 minutes in length.

Swim Strokes - Youth - Stroke Development

Tues 5:00pm
Saturday 9:00pm

Swim Strokes - Youth - Stroke Mechanics

Tues 5:50pm
Saturday 9:50am

Cost: 1 day/week Member - \$38 Community Member - \$75

TEEN AND ADULT SWIM LESSONS

Note: Consistency of instructor assignments is not guaranteed.

Branch	Level	Day	Time
HGN	Beginner	Sat	8:00am
HGN	Intermediate	Sat	8:30am
Marion	Beginner/Intermediate	Sat	12:00pm

Helen G Nassif YMCA

Classes are 30 minutes in length. One for beginners and one for intermediate swimmers.

Session: 6.09.18-7.14.18

Cost: Member - \$30 Community Member - \$60

Marion YMCA

Classes are 45 minutes in length and can be for beginning or intermediate swimmers, depending on ability.

Session 1: 6.04.18-6.30.18

Session 2: 7.09.18-8.04.18

Cost: Member - \$45 Community Member - \$75

COMMUNITY SWIM FOR EVERYONE

Marion and Stoney Point YMCAs

Enjoy the pool together, Members and Community Members alike, on Friday nights at the Marion and Stoney Point YMCAs. Adults MUST accompany children in the pool. See monthly pool schedule for times. (Can be found online at crmetroymca.org or at your local branch.)

Cost: Community Member - Adult \$4 Child \$3

HEALTHY LIVING

Activities for every age to keep you healthy and lively!

HEALTH, WELL-BEING & FITNESS

WELLNESS ORIENTATION

Free with membership. Schedule at the Welcome Center of any branch.

WATER EXERCISE CLASSES

Cost:	Member	FREE
	Community Member	\$60 for 10 class punch card (Good 2 months from purchase) \$ 110 for 20 class punch card (Good 3 months from purchase)

Schedules online at crmetroyymca.org or at any branch Welcome Center or can be found on the Y app.

Aqua Blast: Low-impact class focuses on muscle toning and cardiovascular conditioning.

Aqua Express: It is a high intensity water exercise class. It will push your fitness level across the board.

Aquacise Class: Designed for those who desire a little easier-paced workout. It will improve circulation, flexibility and muscular strength.

Arthritis Water Exercise: Designed to help arthritis sufferers keep joints flexible, muscles strong and reduce pain. Taught by a certified instructor through the Arthritis Foundation.

Deep Water: Cardio workout using buoyancy belts, with zero impact on your joints. Simple movements using water as resistance.

Early Bird Aqua: Medium intensity workout includes cardio, stretching, weights, aerobics.

Low Intensity Water Exercise: Increase muscle tone, flexibility and range of motion. It is slow and gentle, perfect for cardiac-rehabilitation patients, arthritis sufferers and those recovering from surgery.

Low Impact Water Exercise: Use minimum resistance to get a cardio workout that's easy on the joints.

Stretch & Flex: Flexibility improves through various stretching techniques. Great for participants with Arthritis!

Water Aerobics: Great cardio workout to the rhythm of song.

Water Exercise: Increase muscle tone, flexibility and range of motion. It is slow and gentle, perfect for cardiac-rehabilitation patients, arthritis sufferers and those recovering from surgery.



WELLNESS ORIENTATIONS

A lot of exercise equipment can seem intimidating if you don't know how to use it. You never have to feel that way at the Y. Schedule a free wellness orientation and let our coaches show you exactly what to do. Contact Naomi (Marion, Mercy or Stoney Point) or Wendy (Helen G. Nassif)

GROUP EXERCISE & AEROBICS CLASSES

We have land and water aerobic and wellness classes available. Class schedules are updated each month. Classes are FREE to members. Community Members can buy a punch card to attend classes. Punch cards can be used for both land and water classes. Fitness classes run on a monthly basis and schedules change on the 1st of each month.

Cost:	Member	FREE
	Community Member	\$60 for 10 class punch card (Good for 2 months from purchase) \$ 110 for 20 class punch card (Good for 3 months from purchase)

Schedules are featured online at crmetroyymca.org or at any Y branch Welcome Center or can be found on the Y app.

PERSONAL TRAINING

Work out the way you would like – get expert advice and find the types of workouts you enjoy while meeting your personal goals.

For YMCA at Mercy Health Plaza, Marion and Stoney Point YMCAs, contact: Naomi Engelken, Director of Healthy Living 319.378.5955 or engelken@crmetroyymca.org

For Helen G. Nassif YMCA contact: Wendy Thompson, Strength Coordinator 319.366.6421 ext. 400 or wthompson@crmetroyymca.org

Cost:	Y Members	Community
1 Hour Package	\$45	\$55
3 Hour Package	\$130	\$155
6 Hour Package	\$245	\$300
10 Hour Package	\$385	\$470
15 Hour Package	\$550	\$660

MASSAGE THERAPY

Come enjoy a spa-like setting and some of the best rates in town! Call YMCA at Mercy Health Plaza 319.378.5955 to schedule an appointment.

Member Cost:	30 min	60 min
1 Session	\$35	\$60
3 Sessions	\$98	\$170
6 Sessions	\$190	\$330
10 Sessions	\$295	\$510
Community Cost:	30 min	60 min
1 Session	\$40	\$65
3 Sessions	\$110	\$185
6 Sessions	\$215	\$360
10 Sessions	\$340	\$585

GROUP TRAINING

Interested in working out with a small group of 2-4 people? For details contact Naomi Engelken: 319.378.5955 or engelken@crmetroymca.org

FITNESS MILEAGE CLUB

Free member rewards program! Record the miles you bike, walk, run, swim or any combination of each along with any aerobics classes you take at any of the Y branches. Activity can be inside the Y at any branch or outside too. We aren't picky, we just want to see you get healthy and keep healthy! Win prizes for three separate challenges throughout the year and a T-shirt for meeting the year-long challenge. Challenge goals are listed [online](#). To enroll in the program, just fill out a form at the Welcome Center, contact any branch or mileage@crmetroymca.org.

LIVESTRONG AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG® Foundation have joined together to create LIVESTRONG® at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

UPCOMING LIVESTRONG AT THE YMCA SESSIONS

Session: June 6 - August 31 (No classes the week of July 4)
Day and Time: Tuesday/Thursday 9:45-11:00am

This program includes:

- Free family membership for the 12-week program
- Two 90 minute classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching and balance work.
- Access to all Cedar Rapids Metropolitan Area YMCA branches.

Contact Naomi Engelken at 319-378-5955 or engelken@crmetroymca.org for more information and for session dates and times.

YMCA'S DIABETES PREVENTION PROGRAM

Based on effective efforts researched by the National Institutes of Health, the YMCA's Diabetes Prevention Program will help you learn about and adopt the healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes. Through the program you will receive support and encouragement from both a trained lifestyle coach and fellow classmates as you develop a plan for improving and maintaining your overall well-being. How it works:

The 12 month group-based program consists of 16 one-hour weekly sessions, followed by monthly sessions led by a trained lifestyle coach. Topics include healthy eating, increasing physical activity, reducing stress, problem solving and more.

Information session: Wednesday, May 10, 7:00pm
Location: YMCA at Mercy Health Plaza
Session starts: Wednesday, May 17, 7:00pm
Location: YMCA at Mercy Health Plaza

Contact Emmaly Renshaw, Diabetes Prevention Program Coordinator, at 319-378-5955 or dpp@crmetroymca.org for session dates.

ENHANCE®FITNESS - TREATING ARTHRITIS THROUGH FUN, LAUGHTER AND FRIENDS

Be more active, energized and empowered! Join us for EnhanceFitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low-impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles. EnhanceFitness has been recognized by the CDC and other national organizations committed to improving the health of older adults. Of all these multiple benefits, the one that matters most is it's a great time.

MARION YMCA

Days: Mon/Wed/Fri
Time: 9:15-10:15am

YMCA AT MERCY HEALTH PLAZA

Days: Mon/Wed/Fri
Time: 11:30am - 12:30pm

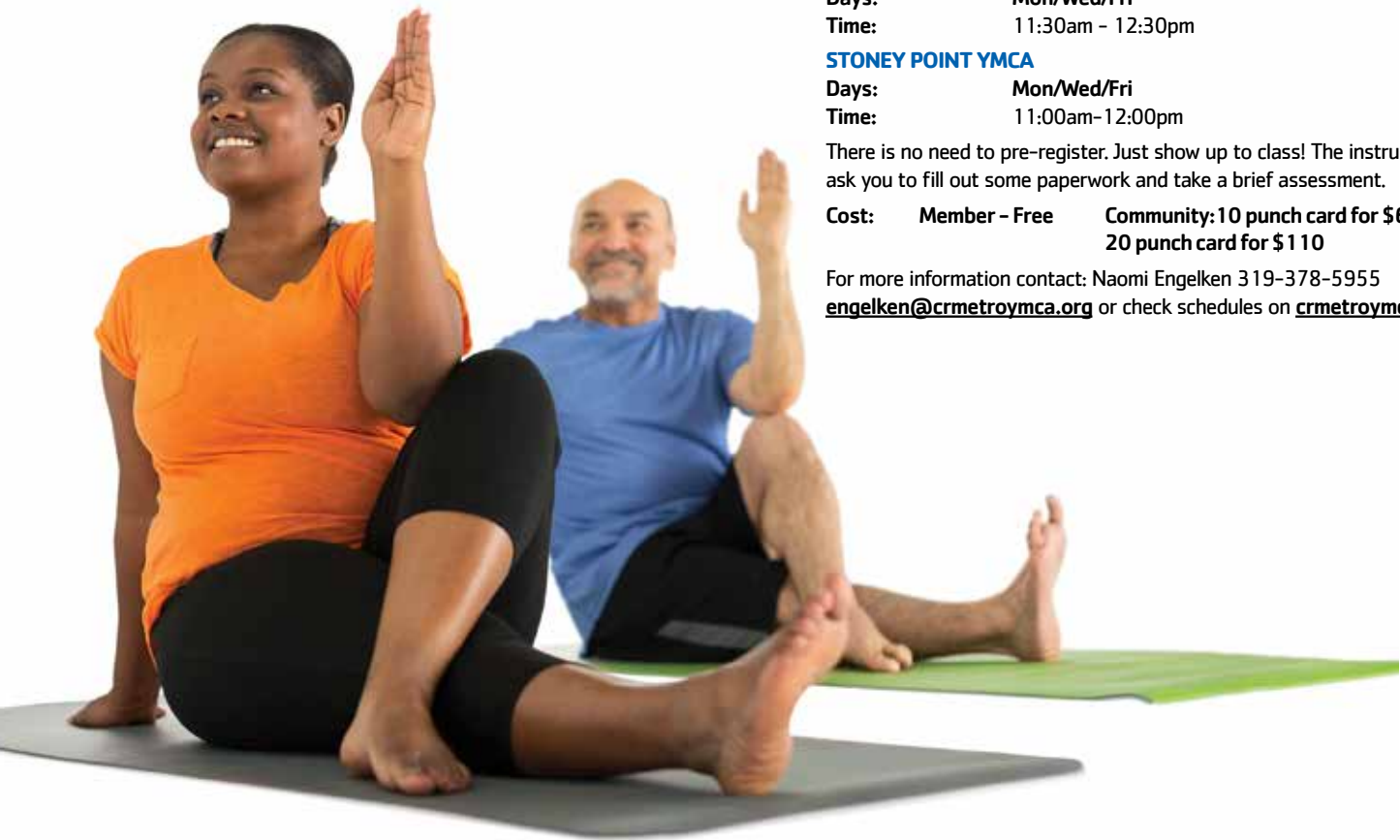
STONEY POINT YMCA

Days: Mon/Wed/Fri
Time: 11:00am-12:00pm

There is no need to pre-register. Just show up to class! The instructor will ask you to fill out some paperwork and take a brief assessment.

Cost: Member - Free Community: 10 punch card for \$60
20 punch card for \$110

For more information contact: Naomi Engelken 319-378-5955
engelken@crmetroymca.org or check schedules on crmetroymca.org.



MARTIAL ARTS TRAINING

AMERICAN KENPO

Class covers all aspects of American Kenpo Karate and is appropriate for ages 16 and up. This self-defense based martial art, taught by Josh Meredith, (3rd Degree Black Belt) applies rules and principles of motion in a system of forms, sets and techniques. Class teaches confidence, flexibility, conditioning and health. Session dates run monthly and payment is due by the 1st of the month.

STONE POINT YMCA

Days and Times: Mon/Thurs 7:45-8:45pm
Sat 10:30-11:30am

Cost: Member - \$32 Community Member - Punch card Only

TAE KWON DO

Tae Kwon Do is a Korean martial art. It combines combat and self-defense techniques with sport and exercise. This is an outstanding sport teaching balance and coordination while improving flexibility, strength and more!

HELEN G NASSIF YMCA

Master Mark Andersland (2nd Degree Black Belt).

Register by: The 1st of each month
Ages: 5 and up
All belts: Mon/Wed 7:00-8:00pm
Cost: Members - \$32 Community - \$64

MARION YMCA

Master Steve Griffin (6th Degree Black Belt) and assistant instructors include all 2nd Dan Black Belts or higher. Orientation is offered May & September. There is a \$10 late fee if you register after the 10th of the month.

Register by: The 1st of each month
Ages: 5 and up
All belts: Tue/Thu 6:30-8:30pm
Cost: Member - \$32 Community Member - \$64

SPORTS AND RECREATION

ADULT FLAG FOOTBALL

The Marion YMCA will have leagues on Thursday nights for 5-on-5 teams. Eight games will be played and players must be 19 or older to participate.

Session: 9.06.18-10.25.18
Register By: 8.27.18
Cost: \$200 per team

HANDBALL/RACQUETBALL COURTS

Helen G Nassif YMCA

Walk in or call 319-366-6421 to reserve a court. Equipment available at the front desk.

RACQUETBALL TRAINING

A step beyond the introductory lesson, these one-on-one sessions focus on shots, conditioning and strategy. Contact Johnny Reimers at 319-366-6421 to get started.

Cost: Member - \$45/session
Community Member - \$55/session

**Multiple Sessions available - same as Personal Training Packages

ADULT BASKETBALL

Players must be 19 or older to play. Players call their own fouls. There are 10 games in each session. Must register as a team.

SUNDAYS - Stoney Point YMCA

Session Dates	Register By:
4.08.18-7.01.18	4.01.18
7.08.18-9.16.18	7.01.18
9.23.18-12.02.18	9.16.18

TUESDAYS - Helen G. Nassif & Stoney Point YMCAs

Session Dates	Register By:
3.27.18-5.29.18	3.13.18
6.12.18-8.21.18	5.29.18
9.04.18-11.16.18	8.21.18

WEDNESDAYS - Marion YMCA

Session Dates	Register By:
5.09.18-7.18.18	4.25.18
8.01.18-10.03.18	7.18.18

****Cost:** \$200/Team

ADULT VOLLEYBALL

Register now for YMCA Co-Ed Volleyball. The YMCA offers three divisions - AA, A and B - with AA being the most competitive. (Max 8 person teams unless otherwise specified; at least 3 women and 3 men)

SUNDAYS - Helen G. Nassif

Divisions:	6 on 6, A & B
Session Dates	Register By:
10.07.18-12.02.18	10.01.18
12.09.18-2.17.19	12.02.18
2.24.19-4.21.19	2.17.19

MONDAYS - Helen G. Nassif and/or Stoney Point

Divisions:	6 on 6, AA, A & B
Session Dates	Register By:
10.08.18-12.03.18	10.01.18
12.10.18-2.11.19	12.03.18
2.18.19-4.08.19	2.11.19

WEDNESDAYS - Helen G. Nassif and/or Stoney Point

Divisions:	6 on 6, AA, A & B
Session Dates	Register By:
10.10.18-12.12.18	10.01.18
12.19.18-2.20.19	12.12.17
2.27.19-4.17.19	2.20.19

THURSDAY LEAGUE - Helen G. Nassif and/or Stoney Point

Divisions:	4 on 4, A & B
Session Dates	Register By:
10.11.18-12.06.18	10.01.18
12.13.18-2.07.19	12.06.18
2.21.19-4.11.19	2.07.19

Cost: 6 on 6: \$180/team 4 on 4: \$125/Team



**A \$25 late fee
is charged after
registration deadline.**

CAMP WAPSIE

Giving life changing experiences since 1918

YMCA Camp Wapsie is the camp facility of the Cedar Rapids YMCA. Located one half-hour north of Cedar Rapids, near Coggon on the backwaters of the Wapsipinicon River. Our natural setting provides the perfect getaway for summer camp programs, group retreats or business meetings.

UPCOMING YMCA CAMP WAPSIE CALENDAR

May 6	Open House: 1-4pm
May 18-20	Mother / Daughter Weekend
May 26-28	Memorial Day Family Camp
June 9	Centennial Celebration
June 10-Aug 11	Summer Camp
Sept 1-3	Labor Day Family camp
Oct 27-28	Halloween Camp
Dec 27-29	Winter Camp
Jan-Dec	Host your retreat at Camp Wapsie

SUMMER RESIDENT CAMP

Camp Wapsie Offers Day and Overnight camps for all school aged children. Programs focus on personal growth and fun alongside trained staff in an outdoor environment.

Programs	Grades	Program Type	Length
Teepee Half Week	1-3rd	Overnight Introductory	½ wk
Teepee Village	1-3rd	Overnight	1 wk
Campers	4-10th	Overnight Traditional	1 wk
Wilderness Education	6-10th	Overnight Outdoor Skills, Hunter Safety	1 wk
Ranger Camp	8-11th	Overnight Outdoor Skills	1 wk
Adventure Trips	7-12th	Overnight Off-Site Adventures	1 wk
Leadership Program	10-12th	Overnight Leadership	3-4 wks
Day Troopers	1-4th	Grade School Day Camp	5 days
Day Trekkers	5-8th	Teen Day camp	5 days

Session	Date	Theme
1	June 10-16	Wapsie Birthday Bash
2	June 17-23	Wizards and Magic
3	June 24-30	Around the World
4	July 1-7	Star Wars
5	July 8-14	WapsiePalooza
6	July 15-21	Jungle Party
7	July 22-28	Myths and Legends
8	July 29-Aug 4	Under the Sea
9	Aug 5-11	Earth, Moon and Stars

TEEPEE VILLAGE RENOVATIONS!

The Teepee Village program is receiving an exciting new facilities facelift for 2018. This program for 1st-3rd graders will have brand new solid walled teepees that feature a spacious living area, windows and good protection from bugs and wet weather.

NEW EXPERIENCES AT CAMP WAPSIE

Wapsie is always looking ahead to meet the needs of our campers and families, which means constantly evolving programs and activities. Whether it's an Adventure Trip, Wilderness Education, or Magic: The Gathering there's something new and exciting each year at summer camp. Pick up a brochure at your local Y branch to learn more.

FAMILY TIME AT CAMP

FOREVER STRONG FOREVER BEAUTIFUL FOREVER LOVED MOTHER DAUGHTER WEEKEND

We cordially invite you and the important females in your life to come to Mother Daughter Weekend. Celebrate your strength. It comes in all forms; whether it's climbing the tower or the quiet patience of arts and Crafts. Beauty is everywhere. Take in the natural beauty of camp while rediscovering inner beauty. Show and receive love. The time away allows you to be truly present and intentional in your interactions with those you love.

When: Friday, May 18, 7:00pm – Sunday, May 20, 1:00pm

FAMILY CAMP WEEKENDS

Enjoy activities, meals and lodging all close to home with a great family getaway to Wapsie's Family Camp Memorial and Labor Day weekends. We provide the cooking, lodging, and the whole family can enjoy some of the traditional Wapsie camp activities as well as some special family activities. Contact camp for more information or to check availability.

ADVENTURE GUIDES (PARENT/CHILD PROGRAM)

PLUG INTO FAMILY

Are you looking for fun family time activities, ways to create great memories and strengthen the bonds between you and your child/ren? YMCA Adventure Guides provides opportunities, activities and support for parents to teach, role model and discuss important values with your child/ren. It is a fun way to pass in along the valuable tools your child/ren need to thrive. For more information, visit www.marionadventureguides.org or call camp at 319-435-2577.

RETREATS, OUTDOOR EDUCATION & TEAMBUILDING

Wapsie is open year round to serve and support your group. We offer 172 scenic acres of woodlands and wetlands all just a short drive from Cedar Rapids. Students experience what they have learned in the classroom with hands-on activities in beautiful and natural surroundings. Bring your youth group or craft club to grow, develop, brainstorm or be creative in year-round heated buildings. Wapsie teambuilding provides personal and team growth for your corporate leaders or leaders of any age. We will customize your visit to meet your needs. Fun, learning and growth merge at Camp Wapsie! Contact Camp Wapsie at 319-435-2577 or visit us online at www.campwapsie.org for more information.



CAMP WAPSIE

Giving life changing experiences since 1918

CENTENNIAL

YMCA Camp Wapsie's history started in 1918 with a man taking a group of boys on a canoe trip. This adventure started a hundred year tradition of helping kids grow, learn life-skills, build friendships and grow in to well-rounded adults. YMCA Camp Wapsie is celebrating our Centennial year! We have grown from our start as a canoe trip, to leasing a campsite in our early years, to developing our home and current site outside of Coggon. Wapsie has evolved over the years to better meet the needs of our campers and community. This year we are excited to launch the redesign of our teepee structures with wooden teepee shaped structures to better serve our campers with more space and better protection from the elements, while keeping the core program of active,



engaged, supervised programming for our youngest campers. We strive to hold true to our core values and traditions while growing to meet the needs of today's society.

This summer we will be Celebrating our Centennial. To help do so we are seeking old camp stories, artifacts and contact information for camp alumni. If you can help with any of these items or want to share your personal story and how Wapsie has affected you please contact camp at camp@crmetroymca.org or 319-435-2577

We hope you can join our free family friendly event...

YMCA CAMP WAPSIE CENTENNIAL OPEN HOUSE

When: June 9, 2018 from 1-7 pm

With tours, a history display, camp activities and a supper meal.

SOCIAL RESPONSIBILITY

Building a strong community

GIVE

"To put into the possession of another for his or her use."

- Merriam-Webster Dictionary

There are so many ways to GIVE in today's world and no lack of opportunities. It is why we are so appreciative of your commitment to the YMCA of the Cedar Rapids Metropolitan Area. Yes, we are a membership organization but we are also a charitable organization. A gift above your membership dues opens the safety of the YMCA doors and programs to others.

Keeping our communities great is a full-time job. YMCA donors, volunteers, members and partners like you make the difference. When you give to the Y, every dollar donated stays local and has a lasting impact on the people we serve. All donations made are used to support our community. Through the generous support of our 2017 Annual Campaign donors, the YMCA of the Metropolitan Cedar Rapids Area raised more than \$200,000 to ensure that everyone in our community has access to life-changing programs and services at our local YMCA locations.

Did you know that a gift of \$50 can help one child learn safety skills in the water? A cancer survivor can participate in the 12 week LIVESTRONG program to regain their strength and mobility for just \$250 and for \$500 two teams of children can play YMCA youth soccer.

Every year the YMCA of the Cedar Rapids Metropolitan Area solicits funds for the Annual Campaign and these funds make it possible to keep our promise of making YMCA programs and services available to all, regardless of ability to pay. Your GIVING can be at any time of the year. Don't forget to ask if your employer has a matching gift program. Thank you for investing in our community. If you prefer to [GIVE online](#), just follow the link. All gifts are tax deductible and you will receive a receipt for your records.

www.crmetroymca.org/donate

YMCA FUNDRAISERS AND SPECIAL EVENTS

Mark your calendars and register online for these popular YMCA events where all proceeds benefit the Annual Campaign and support our programming and scholarships.

YMCA ANNUAL GOLF CLASSIC

Monday, August 27, 2018
Hunters Ridge Golf Course
Four-person best-shot tournament
Starts at NOON, dinner following
Foursome: \$700
Individual: \$175
Hole Sponsor: \$300
Online registration begins April 16th

YMCA BIKE RIDE

Saturday, August 25, 2018
Starting downtown Cedar Rapids – ending in newbo
Stopping at Dry Creek Brew – Food and Drinks
Ride will be approx. 15 miles
Cost: \$15.00 per rider

YMCA 150TH & CAMP WAPSIE 150TH ANNIVERSARY CELEBRATION GALA

Saturday, November 3, 2018
DoubleTree Hotel
Celebration for 100th & 150th anniversaries
Black tie event – Full dinner included with price of admission

STONE POINT CAR SHOW

Sunday, September 9, 2018
Stoney Point YMCA
All cool cars, trucks and motorcycles welcome
FREE to the Community
\$15 Car Entrance Fee
Trophy Awards at 1:00pm